



Chipotle Pineapple Ham

 **Gluten Free**  **Dairy Free**

READY IN



285 min.

SERVINGS



1

CALORIES



6913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups firmly brown sugar packed
- 7 ounce chipotle peppers in adobo sauce canned
- 0.3 cup cornstarch
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 20 ounce pineapple in juice crushed undrained canned
- 10 pound ham smoked
- 0.3 cup water cold

- 2 fluid ounces bourbon whiskey

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- blender
- roasting pan
- kitchen thermometer

Directions

- Place chipotle peppers, brown sugar, pineapple, nutmeg, ginger, and bourbon whiskey in a blender and blend until smooth.
- Use a sharp knife to make diagonal cuts in the ham about 1 inch apart and 1/2 inch deep in a diamond pattern.
- Place smoked ham in a large bowl; pour the chipotle marinade over the ham and refrigerate ham in marinade for 3 to 6 hours, turning ham occasionally in the marinade to flavor all sides.
- Preheat oven to 375 degrees F (190 degrees C).
- Remove ham from marinade, reserving the marinade; place ham into a roasting pan.
- Roast in the preheated oven for 30 minutes.
- Bring the marinade to a boil in a saucepan over medium heat.
- Whisk cornstarch and water together in a small bowl until smooth; whisk the mixture into the hot marinade. Reduce heat to low and simmer until thickened, about 5 minutes.
- After ham has baked for 30 minutes, spoon the hot marinade over the ham.
- Return ham to oven and continue baking until glaze is baked onto the ham and an instant-read thermometer inserted into the thickest part of the ham, not touching bone, reads at least 145 degrees F (65 degrees C), about 1 1/2 more hours. Baste ham with the glaze every 30 minutes.

Nutrition Facts

PROTEIN 44.13% FAT 21.57% CARBS 34.3%

Properties

Glycemic Index:85, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:44.136521702227%

Nutrients (% of daily need)

Calories: 6913.43kcal (345.67%), Fat: 164.34g (252.83%), Saturated Fat: 55.76g (348.52%), Carbohydrates: 587.96g (195.99%), Net Carbohydrates: 560.1g (203.67%), Sugar: 525.8g (584.23%), Cholesterol: 2177.24mg (725.75%), Sodium: 55203.23mg (2400.14%), Alcohol: 21.29g (100%), Alcohol %: 0.46% (100%), Protein: 756.61g (1513.23%), Phosphorus: 10635.74mg (1063.57%), Copper: 11.75mg (587.43%), Zinc: 82.89mg (552.63%), Potassium: 13462.79mg (384.65%), Magnesium: 1536.31mg (384.08%), Iron: 68.83mg (382.4%), Fiber: 27.85g (111.41%), Calcium: 914.91mg (91.49%), Vitamin C: 53.33mg (64.65%), Vitamin B1: 0.59mg (39.13%), Manganese: 0.67mg (33.26%), Vitamin B6: 0.61mg (30.68%), Selenium: 9.02µg (12.88%), Vitamin B3: 2.23mg (11.17%), Folate: 33.64µg (8.41%), Vitamin B2: 0.12mg (7.17%), Vitamin A: 294.74IU (5.89%), Vitamin B5: 0.59mg (5.86%), Vitamin K: 3.98µg (3.79%)